

## ABSTRACT

[0070] A system and method for replacing degenerated spinal disks in accordance with the present invention can substitute for interbody fusion techniques by replacing degenerated spinal disks with artificial spinal disks. In one embodiment, the system can comprise one or more artificial spinal disks, each comprising an upper and lower housing, a first spacer and a second spacer partially enclosed by a cavity formed by the housings, and a shaft with a spring positioned between the first spacer and the second spacer such that the spacers are urged apart.